

## *Channeled Guidance with Teacher for November!*

Greetings! I am Teacher and am so very delighted to come forth to have another one of our little chats! I'd like to talk about something that is most evident in your daily living yet is also something that, for relief, many have stepped back from focusing upon.

You see, my dears, with all that is occurring upon the earth, there is a tendency to believe that everything that is reported in what you call the news is all that is occurring. But there is so very much more going on. And as I speak those words, many of you are thinking, "Of course there is. I just need to remember that." And you are correct.

Here's how you can place your consciousness a way that will assist you to remember that you and many other beings are healers, radiating light and love, and embracing truth even in the midst of the sleep state's seemingly powerful illusion.

Firstly, let's talk about that a little, shall we? Here's the scoop. There are so many different stories going on. That is, there is the story of the sleep state which says that everything is horrible and in fact really is horrible. There is the story that is developed by the beliefs of why everything is horrible. There is the story that holds different factors together and perhaps against each other. There is the story that each being holds for him or herself. There is the story that you hold for yourself. There is the story that you hold concerning the others; even if the story that you project is loving and kind, it is still a story.

Now what is the common factor in all of these stories? They are non-existent. They are all illusions. They really do not exist. You see, my dears, when you think something is a certain way, does not make it be so. If you believe circumstances are a certain way, your beliefs do not make them be so. All of the beliefs, projected interpretations and stories are really nothing. Yet there is something very real, very substantial. It is this.

Beneath all the stories and beliefs and interpretations, there resides a great truth. The great truth says that everything flows through everything else. That is to say, the frequencies and energies, the life force itself, is not contained but continues to flow forth, to take form... yes... as everything. You know this, of course: everything is all one flowing.

And while there are personas, which are created so that you can experience your journey incarnate; the truth remains that even personas are simply created stories within which to reside.



Then it seems that one way that you can reside in troubled times is to remember not only that there is much more going on, but also to remember that you are not separate from the whole, but are, in fact, the flowing forth and taking form as everything. Once you let go of reacting or interacting with your thoughts toward personas and persona-oriented cause and effect; you are then free. And how are you free? You are free to choose. And what would you be choosing? This.

You are then able to choose how you will experience your own journey, where you will place your consciousness. Nothing in all of this is right or wrong, my dears. You can continue to interpret, believe, judge, or create stories about the personas you meet. Nothing wrong with that. I am simply speaking in this way, this manner, to give you a choice. And the choice is one that will free you to experience the truth of who you are. Now here, the truth of who you are might become a bit illusive for your thinking mind. That's all right. Just tell your thinking mind to rest for a moment, that you will think about all of this later. For now, I am inviting you to reside in truth, right in this moment, right here and right now, here in eternity.

When you let go of trying to make yourself be a certain way, what happens? Oh you are going to love this! You are giving yourself a chance. A chance to experience who you really are. You see, this journey upon earth has taught you something. It has taught you to try very hard to be a certain way. You learned this as a child and then into adulthood. And it is no secret that you are still doing this. Again, not a crime. Yet. Yes, yet there is now a choice for something different, something very alive, something real. It's this.

When you let go of trying to be a certain way... And, you might find this practice will take some time, perhaps a little at a time. Maybe during a part of a day that you do not have a schedule, when you can set aside thinking about your lists of things to do, your responsibilities, you can then just breathe deeply and rest for a moment. And then perhaps you can ask yourself, "Who am I when I am not being who I must be during my day? Who am I deep inside? Why am I here on earth? What if all my purposes are just stories that I have given to myself so that I can experience the journey? What if those purposes are already fulfilled? Then, why am I here and who is this "me" who is here?"

Those kinds of questions will assist you to let go of any attachment to your persona that has been developed over the years. You don't have to supply any answers. Just do the asking. And then let yourself be at peace. Pretend that thinking about those questions





will not give you the answers. Pretend that the real truth comes from somewhere deep inside your spirit, the being who you have always been, even before birth.

Next, my dears, allow. Now some of you are practiced in allowing, allowing an inner knowing to rise to the surface and become conscious. And others not only don't know how to do that, but also have not a clue that such a knowing is the real you. That's all right. Perfectly all right. You see, it is not an accident that you and I are having this little chat together.

So then if you are unfamiliar with bringing yourself to a peaceful state and then setting aside your thinking mind, and then allowing your inner truth to come to you, to be made conscious; here we are together and I am going to help you with that. And those of you who already know how to do this, consider this a refresher chat.

Firstly, remember that everyone... every one... didn't know how to do this until they learned or discovered it. So here we go.

Secondly, I am asking you to either take a walk in nature or sit quietly inside if that is the easiest. Take a few breaths and just decide to stop thinking about everything that there is to do. Now your thinking will want you to keep thinking. That's natural. Just again take a few deep breaths and bring to mind something relaxing, like a lake that you visited, a field of flowers, the trees moving in the wind, a blossom, anything that is of nature that lets you breathe deeply and also lets you release the need to think about your cause and effect.

Thirdly, after you have resided in that manner for a little while, if your thinking returns, just let those thoughts go by. Don't dive into them. Just recognize that you entered thinking about things and in the very next moment return to reflecting upon that beauty, that relaxing beauty of nature.

Fourth, begin to ask yourself those questions. For example, you might ask, "I wonder who I really am. I wonder why I am here on earth. What if all of my purposes are fulfilled. Then why am I here. Who am I deep inside?" Remember, you are not asking yourself to answer any of those questions; you are simply wondering, asking.

Next, breathe deeply and bring your awareness to inside your body. It doesn't matter where, just pretend that you are traveling inside your body and after a while, you rest somewhere. It could be in your head, your heart, your solar plexus, our hands, your feet. Anywhere. You are just resting your thoughts inside your body. This might take a little practice, but you can do it, my dears. You are capable of anything that you choose to do.

Next, allow. That is, allow yourself to feel peaceful, as if nothing else exists but you, within your being, your spirit residing in peace, nothing to do or be. Just being. That is you, just being. Remember, you are not looking for answers, you are not expecting anything amazing to happen. You are simply just being.



Now this might seem to be so simple that you might skip the entire practice, but I am here to tell you that you will begin to know who you really are, my dears. You will. And I believe that is a worthy endeavor, don't you?

If you have been doing this for a long time and are most familiar with it, I ask you: when was the last time you did this? Ah! Knowing how to do something is not the same as doing it, experiencing that inner peace, that inner "just being".

You see, you might think all of this is "old hat" and is for beginners. But again, I am here to tell you that we are all beginners... right in this moment. You are being breathed forth in every moment, taking form, releasing what was and taking form... again and again.

And when you can consciously choose to let go of the "what was" and reside in the moment, you are then, my dears, experiencing who you really are. The truth of who you really are. And no one can tell you about that. It is experiential. And it is for you, each of you, as you are the whole, the One.

Peace, inner peace delivers to you a way of going forth into the cause and effect that will allow you to reside in wholeness of being... even among the fray, the sleep state, the horrors. You are holding truth incarnate with each and every breath. And as you have the slang phrase: that is no small potatoes.

Now when you begin to discover the persona or personas you have created and how you have lived within them, don't be judgmental toward yourself, don't think that all has been for naught. You are, after all, residing within a human vessel. And residing within a human vessel delivers to you that delicious gift: continued awakening.

Love yourself, love everyone, and love the journey. And when you awaken to that awareness that shows you a judgment or a story that is resting upon the illusion, upon nothing, just have a good chuckle for yourself and let it go... as if you are breathing the dust off of your spirit, your delightful wonderful spirit.

Again and again you have heard that you are amazing beings. You are. Every being is. No one is alone in this journey. You see, it is impossible simply because all beings are flowing through each other... always... and flowing through the trees, through nature,

through earth, through everything. It is the truth of creation.

Dare. Dare to be vulnerable to your own letting go and your own discovery of the truth of who you really are. This is the gift form yourself to yourself. Always has been.

And it is my gift to be able to chat with you upon so many topics, each actually the same in different forms: the truth of who you really are.

Then until we speak again, I am Teacher.

